

U3A BRIGHT DISTRICT

GOOD COMPANY, LIFELONG LEARNING, STAYING ACTIVE



SEP 2024

President's Report

Hi everyone,

I hope that you and your families have all escaped the recent wild storms unscathed. Thank goodness that unpredictable Spring weather is tempered by warm sunshine and all the gorgeous colours and scents in our beautiful North East.

The Alpine Shire council has been a great supporter of Bright U3A and has most recently supported our Bridge group, through the Community Grants programme, with a grant of \$5300 for the promotion and playing of Bridge in our community. On behalf of all our members I want to publicly thank the Alpine Shire council for their continued encouragement and support of all we do here. Congratulations to Leonie Katekar for her commitment to the Bridge program and her successful application!

At its recent meeting, the U3A committee of management agreed that the provision of Cell AED (defibrillators) to the active outdoor programmes of Casual Cycling and Bushwalking is a health and safety matter and we are happy to provide this service to our members. From 2025, there will no longer be a levy charged to participants in those activities, for the provision of these defibrillators.

Planning is well underway for 2025 and beyond at our Committee level and now is the time you might consider whether you could add to the rich community experience here at Bright U3A, by offering a short or long-term course, or nominating for a position on the Committee of Management. You can speak to me or any other committee member to discuss your proposals or email us at the email addresses on our website and at the bottom of this page.

I'm really pleased to announce that our Federal Independent Member for Indi, Dr Helen Haines M.P. will be coming to speak to us on Wednesday 16th October. Put the date in your diary. Helen is taking time out of her hectic schedule to visit us and as soon as I have more details, I will let you know.

We have already received a couple of suggestions for the re-naming of our Centre. You have until 30th September to get them to us (secretary@u3abright.org.au)

Looking forward to some really bright ideas!

DATES TO REMEMBER

COFFEE MORNING

FRIDAY 20th September 10am

Guest Speaker - Fiona Nicholls

Cooking Classes

Starting soon

See page 2

Duty Roster - Coffee Morning 20th Sep 2024

Writers, book group, non fiction book group

Duties: – Place one table at entry point where members can sign in

All members of duty group/s to arrive at venue – Senior Citizens Centre, 2 Cobden St- by 9.45 for 10am start.

Bright U3A Contacts.

Treasurer: Robyn Cirulis...members@u3aBright.org.au.

Web Admin/Newsletter: Helen Brecknell.....media@u3abright.org.au

Secretary: Andrew Bird.....secretary@u3abright.org.au

Courses: Linda Hayes.....courses@u3abright.org.au.

Social Sub-Committee: Jan Smith.....social@u3abright.org.au

PROPOSED NEW COOKING CLASSES



Elevate your culinary skills and have fun with exciting new cooking classes.

These will run occasionally, some hands on, some demonstration style.

They will be held at U3A Headquarters using our new induction stove and Scanpan cooking accessories.

Food costs will be shared by participants.

The purpose is

1. To learn the basics to make cooking easier and more enjoyable for yourself.
2. To increase your skills and knowledge of different techniques and cultures.
3. To delight in creating and



sharing delicious meals with fellow food enthusiasts.

If you're interested in running a class, please email convenor, Jan Smith at social@u3abright.org.au

To register your interest in joining classes, click on the enrol button. Numbers are unlimited.

Registration closes Sunday 6th October.

Jan will email you with details of classes as they become available.

Fiona Nicholls - Coffee Morning Guest Speaker

Title of talk "Helicopters, Dozers and football: a journey harnessing the value of community."

Sharing stories and insights from a career in the global resources industry.

Retired to Alpine Valleys 2016 and currently

Chair of Alpine Community Recovery committee and

Vice Chair of Into our Hands Community Foundation

Under the Halve Waste- reduce, reuse recycle initiative, the Alpine Shire council is one of many offering a SOFT PLASTICS RECYCLING pilot programme. You can find out more and register at the Bright library or the shire offices to receive your orange bags for soft plastic waste.

The first Friday in October is during the school holidays, so the next cuppa, cake and conversation will be held in the hall at 10.30am on Friday November 1st. Thanks to everyone who has supported this activity over the past 2 years, chatting to old friends and making new ones. Hope to see lots of you there in November.

Until next time, I'll leave you with this

"Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad"

Marianne Dredge

President, U3A Bright District Inc

Shire Grant For Bridge

Bright District U3A is pleased to announce that it was successful in its application for a grant to purchase a dealing machine for bridge.

The dealing machine will save hours of volunteer time each week as well as providing an enhanced game experience and additional teaching/learning opportunities for players.

The U3A bridge group are very excited about it and look forward to its implementation in Term 4.



Duties for Roster Group

- Place one table at entry point where members can sign in
 - All members of duty group/s to arrive at venue – Senior Citizens Centre, 2 Cobden St- by 9.45 for 10am start.
 - Place 2 tables across front of hall
 - Bring plate of food to share. Keep covers in case left over food to be taken home
 - In kitchen, fill urn with water.
 - Set up urn on table on servery area & bring urn to boil
 - Put out tea bags, coffee, milk, sugar, cups, spoons & bowls for used teaspoons.
 - Place bin next to urn table for used teabags
 - At conclusion of meeting, collect all bowls club dirty dishes, wipe down all the tables. Wash, dry & put away dishes in kitchen.
 - Wipe down sinks & hang up teatowels
 - Vacuum the floor
 - Restore tables & chairs to their previous layout
- Don't forget to take your OWN plates home!

U3A Bright Contacts

secretary@u3abright.org.au Secretary, Andrew. use for general enquiries

members@u3abright.org.au. Treasurer, Robyn. Use for membership queries, joining, payments.

courses@u3abright.org.au Courses Coordinator, Linda.

Use to: Inquire about wait lists, resolve problems getting into a course, ideas for new courses, convenors changing course information, general how to use UMAS for members

media@u3abright.org.au. Media Coordinator, Website and UMAS Admin, Helen

Use to: Submit articles and photos for inclusion in quarterly newsletter, general how to use UMAS for members, sort issues with enrolments and use of UMAS

social@u3abright.org.au Social Activities Coordinator, Jan

Use to: Advise of dietary needs (If any). Enrolments in social activities are done through UMAS.

Christmas In July 2024

What a wonderful celebration we had on Sunday!



Here is the lowdown!

Our event was a true testament to the “spirit of Christmas and community camaraderie”. From the moment guests were greeted by the delightful Santa cutouts courtesy of Bright Rotary and the Bright United Mens Shed, to being ushered into our beautifully adorned hall by our playful elves (Ann Borschmann and Jenny Swaneveld) there was an undeniable buzz of excitement in the air.

The hall was transformed into a festive wonderland with Christmas trees, greenery hanging from the rafters, and walls draped in seasonal fabrics and our stage added to the charm with exquisite decorations lent to us by Amanda from our very own Bright Xmas shop, "Making Spirits Bright". Bruce McDonald starred in a magical display featuring Santa in his iconic red chair at the North Pole and our guests sleeted confetti snow upon him!

The afternoon was filled with joyous melodies as Alpine Voices, led by the talented Olivia Stapleton, serenaded us with beloved Christmas carols like "We Wish You a Merry Christmas" and "Jingle Bells." Our MC, Michael Smith, added to the festive spirit by donning a whimsical Christmas turkey hat and guided us through entertaining activities, including a spirited rendition of the Australian version of "The 12 Days Of Christmas."



good company





Each guest participated by holding an animal profile, enthusiastically waving their “animal” whenever their creature was mentioned—a spectacle akin to a Mexican Wave at the MCG !!. Laughter and cheer abounded.

A sumptuous meal was prepared by Dave McKinnon from The High Country Chef, featuring a delightful prawn cocktail entree followed by a superb buffet roast dinner. Continuing with entertainment our poet laureate Penny White swept around the hall reciting her clever poem and later Helen Brecknell presented captivating and beautiful photos of U3A activities on our new electronic screen.

Dessert, tea, coffee, and chocolates rounded off the meal perfectly, allowing plenty of time for mingling and heartfelt conversations among friends old and new.

Special thanks to Jan Smith, our dedicated social convener, and her incredible team including Jenni McFadyen for her creative hall decorations that truly wowed us.

We are also grateful to Ann Borschmann, Jenny Swaneveld and Bruce Mc Donald, Michael Smith, Olivia Stapleton and the choir, Jules Thompson, Caroline Riedy, Penny White and Helen Brecknell for their



contributions, as well as the invaluable assistance from Rob Riedy, Jan and Andrew Bird, Mirry McDonald and Paul McFadyen.

Thank you to everyone who made this event possible and to you, our members and friends who participated and a big thankyou to those extending positive vibes to the team. It was a day filled with laughter, friendship, and the true spirit of Christmas epitomising our U3A Community.



Curious About Science

The Curious About Science Course is the first of a series of courses and presentations focusing on science at U3A. This course has been created to support those with a basic or little understanding of science to be able to lead the class. The course guide contains detailed notes, handouts, and PowerPoint slides which provide a scientific explanation for each science experiment. For those with extensive knowledge in science, this course provides content and structure to more easily implement a science course in U3As across Victoria.



The Curious about Science course is designed to promote hands on learning through participation in experiments followed by explanations of scientific theories and principles. The course aims to build a supportive, social and fun environment which is uniquely enhanced by participating in science experiments.



Another benefit is participants can share these science experiences with their grandchildren and others at home. This course fosters a curiosity about science and how it relates to our everyday lives and is for all U3A members regardless of their knowledge and skills in science.

The next page has an interesting experiment - try it!



Did You Know You Have a Blind Spot?

- The eye's retina receives and reacts to incoming light and sends signals to the brain, allowing you to see.
- One part of the retina, however, doesn't give you visual information - this is your eye's "blind spot."
- In fact, every person has an unavoidable blind spot in each of their eyes.
- This doesn't mean you see a constant black spot in your field of vision.
- Normally you don't notice these blind spots at all, however there are some you can make visible.
- We are going to do an experiment that shows your blind spot.

Experiment – To See or Not to See

EQUIPMENT

- White card or other stiff paper (14cm x 20cm).
- Black felt tip marking pen.
- A different colour felt tip marking pen.
- Ruler.

PROCEDURE – Part 1

1. Mark a dot and a cross on your card as shown (10cm – 12cm apart).
2. Hold the card at eye level about an arm's length away. Make sure the cross is on the right.
3. Close your right eye and look directly at the cross with your left eye. Notice you can also see the dot.
4. Focus on the cross, notice the dot as you slowly bring the card toward your face.
5. The dot will disappear, then reappear, as you bring the card toward your face. Try moving the card closer and further to pinpoint exactly where this happens.
6. Now close your left eye and look directly at the dot with your right eye. This time the cross will disappear and reappear as you bring the card slowly toward your face.
7. Try the activity again, this time rotating the card so the dot and cross are not directly across from each other.



“How To” in UMAS - the U3A membership system

Did you know that in the Bright U3A management system you can let your convenor know that you will be absent?

Simply login and go to My Absences and fill in. Your convenor will be advised that you won't be at the class.

Courses / activity	Start	End date	Actions
CURIOUS ABOUT SCIENCE 24STMA01	15 Jul 2024 1:30 PM	16 Sep 2024	SHOW DETAIL REQUEST REMOVAL

If you don't intend continuing with your enrolment and wish to remove yourself completely then go to My Enrolments and and hit the Request Removal button. An admin will then remove your enrolment in that class. By doing this you will then enable someone else to take up your spot if there is a waitlist.